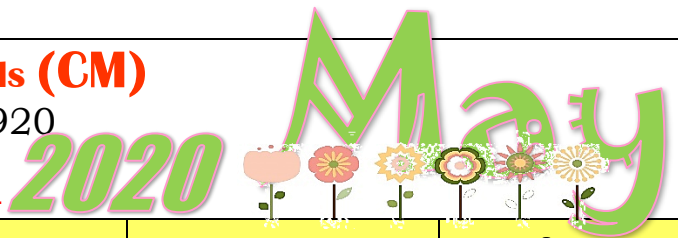


Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

CM: Lunch Served at Noon/ Breakfast Served at 10:00am



Monday	Tuesday	Wednesday	Thursday	Friday
4 MOW: BEEF STROGANOFF OVER NODDLES, Green Beans, Applesauce, Cookie & Roll	5 MOW: QUESADILLA, Tator Tots, Corn, Cantaloupe, Chips & Salsa CM: TACO BAKE, Tator Tots, Corn, Chips & Salsa	6 MOW: CHICKEN STRIP, Potatoes & Gravy, Peas & Carrots, Pears & Roll	7 MOW: FISH, Red Potatoes, Carrots, Peaches, Tartar Sauce & Roll CM: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas & Carrots, Dessert & Roll	1 MOW: SALISBURY STEAK, Potatoes & Gravy, Mixed Vegetable, Apple Slices & Roll
11 MOW: CHICKEN PARMESAN, Potatoes, Green Beans, Tropical Fruit & Roll	12 MOW: CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetables, Banana & Roll CM: MACARONI & BEEF, Corn, Pears & Roll	13 MOW: MACARONI & BEEF, Corn, Peaches, Tapioca Pudding & Roll	14 MOW: HAM WRAP, Potato Salad, Apple Slices & Chips CM: HAM WRAP, Potato Salad, Apple & Chips	15 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Pears & Roll
18 MOW: STUFFED CABBAGE, Potatoes & Gravy, Peas & Carrots, Applesauce, Cookie & Roll	19 MOW: BEEF STEW, Tri Patty, Green Beans, Peaches, Pudding & Roll CM: ***Breakfast @ 10:00** BISCUTS & GRAVY, Hashbrowns, Eggs, Link Sausage, Fruit & Milk	20 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Peas, Tropical Fruit & Roll	21 MOW: ROAST BEEF, Potatoes & Gravy, Carrots, Pears & Roll CM: CHEF SALAD W/ RANCH, Orange Wedge & Crackers	22 MOW: TURKEY SANDWICH, Potato Salad, Orange & Chips
25 MEMORIAL DAY 	26 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll CM: CHICKEN CUTLET, Potatoes & Gravy, Carrots, Tropical Fruit & Roll	27 MOW: LASAGNA, Mixed Vegetables, Green Salad, Mandarin Oranges & Garlic Toast	28 MOW: PORK CHOP, Potatoes & Gravy, Carrots, Applesauce & Roll CM: FISH, Potato, Mixed Vegetables, Peaches & Roll	29 MOW: MEATLOAF, Potatoes & Gravy, Green Beans, Mixed Fruit & Roll

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00